

# Living with Hashimoto and a Yeast Allergy: Food is medicine. Updated 06-23-2018



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First Hashimotis is not a thyroid disease. It is an autoimmune disorder. My immune system is attacking my thyroid. It is incurable. The removal of my thyroid would not make it go away. I can keep it in remission but I

have to live a lifestyle that does not inflame my immune system. I have to keep my immune system and my body calm to stay healthy. I also am intolerant to the cold weather. I'm freezing here in California.

A more detail description of the disease can be found on the [NIH website](#). However, I disagree with the website's course of treatment. Having this disease has made me completely distrust the medical community as doctors can just monitor this illness and do nothing. Since every doctor I went to just wanted to run tests and send me doctor bills I stopped going until I can find a way to get a true specialist. Though I do seek care for other issues and am using holistic and Chinese medicine.

According to blood records I was diagnosed with this disease in 2008, but no one told me I had it until 2014. Sorry skeptics, I have blood tests that do not lie. I am sick. I also was blood tested in 2014 and found I am allergic to pork and yeast. The medicines that they might have given me for my condition are often made with pork, and I can not have them. Being vegan may have saved my life.

I periodically go to see an acupuncturist and obtain Chinese herbs that have proven useful. I also have found several essential oils and homeopathic tinctures to be of use. I also take supplements that help my body heal and deal. Talk to doctors. Do not follow my advice. I am giving you none. I just want people to be aware that this disease exists. That many women live with it. It is not easy.

Now my situation is unique. I also have a yeast allergy. This is not just a simple allergy to that yellow powder that makes bread rise. Yeast can grow on lots of different things, and in the human body. The pesky candida infections that women often get, are to me an illness and a threat. I lost both of my big toe nails due to this allergy. It causes me to get thrush (throat yeast infections), bad acne, rashes (rare), earaches, sometimes flu symptoms, and that pesky female yeast infection. My skin is actually very clear now because I stick to the diet described in this article. I believe it is this allergy that is the primary root of my health issues. As such I have had to tailor a diet to both nourish my body, help calm my immune system, and kill yeast.

I have been in a Facebook group for several years for Vegans with this disease. I am forever grateful. They have helped me discover what I can

and can not do to help my condition. However I was wrongfully removed from this group. Apparently certain sick people are trying to drive me out of Los Angeles. It is kind of twisted and evil. I wonder now if it is because of what I say next in this article. I understand how hard this disease is. I also know that to get people to change it takes compassion. Vegans who hate toward non vegans are just as bad as non vegans who tell me to go eat meat to get healthy.

Many people with this illness are told to go Paleo. I am not going to criticize that choice. This condition is hard enough without that kind of stress added. But I had cancer before finding out I had Hashi. Going vegan was the right thing to do as a cancer survivor, and a necessary thing for me to do for my body.

My diet is very strict and frankly I am living in the best state to take care of my condition, California. Extreme temperatures, especially cold, makes my Hashimotos unbearable. Wet conditions cause the growth of mold and fungus and with those two often comes yeast. I would not be able to survive back in the Swamp of the east coast.

I also have a latex allergy which appears to also cause me to be cross reactive with Jack Fruit, celery, and hemp. I peel most vegetables like cucumber and zucchini because of my latex and yeast sensitivity.

I am going to break down my diet by food groups. Every one with Hashimotos is different. We all react to different tolerance levels for different foods. However there are certain foods that are taboo for most.

**1.) Dairy.** This one is easy. No Dairy at all. Most people with Hashimotos need to avoid it, and my yeast infection also demands I stay away. Instead I am using nut milks. Thanks to an App called EWG I am finding many of the nut milks on the market are not very safe. There are some almond brands that are to a degree safe. To me safe means a rating on EWG of less than 3. I hope to start making my own coconut milk. I found an easy recipe on Pinterest.com.

I stopped eating the regular non dairy yogurts because they contained too much sugar and additives. I drink root or sour fruit Kevita, and non dairy kefir drinks like Obi sodas, and other coconut water kefirs. I am finding some brands helpful. I share them on my Instagram & Twitter

and Facebook actor page. I also eat coconut probiotic yogurts like The Coconut Cult and GT's Coco yo plain.

Note prebiotics and probiotics are essential. Stay away from anything fermented with vinegar. Brine / salt water fermented vegetables are ideal. Sauerkraut and brine pickles are very good for the digestion.

Cheese. I have found a cheese I can have. "Follow your heart." However only some of the slices, blocks, and the shredded mozerella are safe. Check the labels always.

NO CITRUS ACID. IF ANY PRODUCT SAYS CITRUS ACID DO NOT CONSUME IT. MSG is derived from Yeast. So is Citrus acid.

Chocolate should be a food group all to itself. Many people with my disease do not eat it. I only eat Cacao, raw, organic, with no sugar. I have removed everything now from my diet with sugar. I only use pure organic monk fruit or Cassava syrup and sometimes buy items with agave or coconut sugar.

**2.) Protein.** Now this category is the one most vegans get bullied over. Truth we vegans probably get a more complete protein that is less destructive to the digestive system than those consuming burgers and fries. The trick is to combine foods to create a complete protein. This means combining vegetable proteins with carbohydrates. Hashimotos causes the body to also see gluten as an allergen. Even if tested negative for Celiac, most victims of this condition I have talked to claim they feel better after eliminating gluten. I will get to what to substitute in the carbohydrate section. Keep in mind though that often to create a complete protein a protein needs to be combined with a carbohydrate.

I do not do soy due to the fact it affects my hormones and I had breast cancer.

I get protein from plants, nuts, seeds, legumes, and grains. For now I will focus on the nuts, seeds, and legumes. Keep in mind that many people with Hashimotis may not be able to tolerate nuts and seeds. It depends.

**Nuts.** I have found I need to avoid nuts that may be contaminated with yeast, namely peanuts, walnuts, pistachios, and cashews. I am not allergic to those nuts, but they have a tendency to be full of fungus that

lets yeast grow. I am actually now cutting more nuts out of my diet. You can take nuts with a grinder to make spreads and sauces. Mix them with an oil or water and something sweet to form a paste. I also grind the nuts in sauces and soups. Nuts I found some what safe are hazel nuts, pecans, Brazil nuts, macadamia nuts and almonds. It might help to soak them in water with Grapeseed extract. Avoid all roasted nuts. Don't buy nut spreads unless raw.

Coconuts are actually a fruit and not a nut. They are fantastic. There are new products I am finding from tortillas to Mayo made from coconuts. Coconut has an ingredient that kills candida.

**Seeds.** I use flax seeds, chia seeds, sesame seeds, and my favorite is raw organic pumpkin seeds. I use them whole, or I grind them into sauces, soups, and a paste to use as a spread. I sometimes mix the nuts I can eat with some of the seeds. Pumpkin seeds are the best as they are high in nutrients I need with my condition, and are good to combat a yeast infection.

**Legumes.** Legumes are a group that is often avoided by people with Hashimotos, and I have discovered I am no exception. However there are legumes my body can tolerate and enjoy, namely, lentils, and pea protein. Peas are too high in carbohydrates for my yeast allergy to tolerate, but food made with pea protein like Vegantoona is acceptable, at least to my system. I have also found that beans and grains sprouted are digestible by my body to an extent. I prefer though to stick to sprouted versions of the legumes listed in this paragraph. In fact, pea sprouts are one of my favorites. I do enjoy mung bean sprouts often, the long white crispy plant variety.

**Protein Powders.** There are a few I consume. I have a new favorite. "Carrington Farm Organic Coconut Blend" works well in smoothies and soups. For smoothies add a sweetener. I have a sensitivity to hemp due to my latex allergy. I discovered my digestion feels better after avoiding hemp protein powders.

**3). Grains. Problematic. Go Grain free.** All people with Hashimotos need to avoid gluten. Also often yeast is used in grains or grows on it. My grain list though is pretty short. Organic sprouted rice from Trader Joe's. Buckwheat bread from a bakery I've recently discovered. As I

wrote earlier, coconut tortillas and wraps. Check out “The Real Coconut” company.

I sometimes will eat out and have regular rice. I also will eat quinoa. Oats are too much of a yeast risk.

I do eat pasta. However the pasta I eat should probably be listed with the protein. I eat red and green lentil pasta. There are a variety of brands. I have been cutting my intake of grains though to keep candida infections in check. Trader Joe’s lentil pasta is only organic red lentil pasta flour and I often use it in vegetable coconut based soups. I also found a green lentil lasagna by “Explore Cuisine.”

My carb choices have recently expanded with the creation of many new grain free flours. Cassava. Tree nut. Coconut. There are now products being made with these flours that may be safe. I have also recently tried organic green banana flour as a base for vegan cheese sauce. (I have decided to ditch arrowroot as too starchy. I am just going to treat Cassava as more of the base for my flour mixes.)

**4). Fruit.** Due to both my Hashimoto’s condition, yeast allergy, and a sensitivity to latex, the list of fruits I can have is very short. Basically, cranberries, raspberries, blueberries, blackberries, fresh squeezed lemon, lime, and grapefruit juice. I also now eat fresh organic pineapple. I cut it up and quickly freeze it to use in smoothies.

Due to the effect of chemicals on my immune system, I stick to organic fruits.

There are other types of berries I probably can have, but they are hard to find.

Due to my yeast allergy, the only dried fruit I eat are cranberries. All other dried fruit, including dates and raisins, are forbidden in my diet. The only non fresh fruit juice I consume is cranberry juice (organic 100% juice).

**Vegetables.** This is the group where I have the most choices. There are some plants I need to avoid. I keep to a minimum Kale, spinach, and what are called nightshades. In fact, egg plant, and russet potatoes I never eat. I keep to a minimum tomatoes and red peppers, both must be red. Nightshades produce toxins. In fact, some nightshades are

poisonous to humans. My system is especially sensitive to this toxin. However after doing some research I found that red tomatoes and red peppers are better than the green varieties. Still I rarely buy either. I will eat tomatoes if in a dish I buy if I go out to eat. Eating out for me is kind of problematic.

I can have all kinds of greens. Some I prefer to cook if they contain what are called goitrogens. Broccoli, cauliflower and chard are vegetables I prefer to cook. As I said before I eat sprouts like pea and mung bean. I also consume alfalfa spouts, salad mixes, asparagus, cucumber, zucchini, leafy greens, carrots, onions, garlic, sweet potatoes, pak choi, fresh basil, romaine hearts, avocados, spring onions, and water cress. This list is not exclusive.

I also eat certain mushrooms that supposedly help my system ward off infections and inflammation- portobello mushrooms, shiitake mushrooms, and reishi.

**CONDIMENTS.** I have found few condiments I can use. I do buy a coconut avocado mayo that does not seem to bother my system. I also must avoid vinegar except apple cider vinegar. I make my own sauces and dressing using apple cider vinegar, oils and sometimes spices. I can only use fresh herbs, not dried herbs. I do use a bunch of spices that are very good for my condition and my allergy. Turmeric is anti-inflammatory. Cinnamon and ginger kills yeast.

The only non vegan substance I sometimes have is honey. Because I can not have dried fruit, I get coconut ice cream flavored with honey instead of dates, at Kippy's in Venice.

**Eating Out.** Eating out is really hard, but in California because so many people are worried about their health, there are places I can eat. Fala Bar. Sun Cafe. Sage Bistro. Vegan Joint. Veggie Grill. Little Pine. There are more. There is an app called "Happy Cow" that shows you where to find vegan, and vegetarian options, vegetable alternatives, and also stores where I can get vegan products. I find that the valley of Los Angeles is very sparse in choices, but Hollywood, Silver lake, Santa Monica, and Venice have very good options. I also find that it is not as expensive as you might think to occasionally eat out if smart about it. On any given menu, there may only be a few items I can have, but we all need to get out. We all need to be in the sun and interact with

people. I recently was informed of a restaurant that uses buckwheat bread I can eat to make sandwiches and vegan french toast.

There is probably more I could say. I am constantly learning what works and what does not. FOOD to me has become an obsession. I have no aspirations to become a chef. It is just that what I eat can be the difference between me being healthy or being very sick. In fact I leave you with this final point about Hashimotos. It is often confused with a mental illness, but it is NOT. And I do not want anyone telling me to go see a psychiatrist. STOP TRYING TO DEGRADE ME or control my choices. A mental health provider can not change my dreams, my goals, my likes, my religion or political views. PLEASE get over your need to control and give me some useful advice, like how to get hired in a job I would actually want to get out of bed for, and how to get an agent so I can get into auditions and act. Better yet how about not giving me any advice at all. I already have a network of people helping me.

Here is an article about a [psychosis related to Hashimotos](#). Please note that most of the mental health systems were cured if the patient changed their lifestyle to deal with Hashimotos. So putting me into an institution, would effectively worsen my condition, not improve it, as I could not eat the food provided for in most hospitals in America. I had a brain scan in 2010 for a car accident. It showed that my brain was FINE. This is an [article about Hashimotos being misdiagnosed as bipolar disorder](#). Psych medications did not help the patient, but changing their lifestyle to combat the disease cured the problem.

Overall I hope that this piece helps someone. I also hope that it informs the general populous that this condition is hard to deal with. There are many women like me who can not eat at McDonald's, or use products that are staples in most American homes. (One thing I did not talk about was cosmetics and house products, but I will write about that another time.)





